

Age Less Move More

Happy Arms Movement Sheet



Forearm, Wrist and Hand Opener

Come to all fours. Pick up your right hand, roll your inner arm out and place your hand back to the floor with your middle finger pointing to your knee. Pick up your left hand, roll your inner arm out and place your hand back to the floor with your middle finger pointing to your knee.

If you can't get your finger to point to your knee take your middle finger toward the outer edge of your mat.

Lift your ribs, drop your head, take your toes under and slowly drop your bottom toward your heels. Go as far as you can without lifting your wrist off the mat. Hold and breathe.

Come out and shake out your hands.

Feel the energy of love flowing through your hands. Know this love flow will allow you to express love and bring you much happiness.



Strong Arms Down Dog

Come back to all fours with hands under shoulders, knees under hips. Roll your inner arms out so the eye of the elbow faces forward, spread your fingers wide apart, squeeze your scapula together and take them down toward your tail. Lift your ribs and press into your index finger knuckles. Hold this as you slowly

lift your knees — don't lose the roll of your inner arms out as you bring your heels back toward the floor. You may be in a bent knee Down Dog. That's okay!

Doing Down Dog in this way will keep your shoulders out of the move so your arms can open and strengthen — bring you much needed love and happiness.



Full Arm Balance

Come to a wall and take all fours with your hands one hand length away from the wall. Spread your fingers wide apart, press into your index finger knuckle, roll your inner arms out, keep your ribs in and down toward your pelvis. Slowly, lift your knees. Hold your edge.

Keep your inner arms rolling out and step your dominate foot forward (If you are right-handed you

are right-footed). Keep your arms straight and strong and kick up. You may end up in a handstand or not — it doesn't matter.

If you do come up in a handstand — keep your inner arms rolling out, look up at your naval, ribs in and toward your pelvis, and press through your heels. Hold and breathe.

Come down and feel the energy of happiness swirling through your body!